

Your check-in checklist

Take a few minutes to complete the checklist and identify any areas where you might be able to take extra steps to care for yourself.

Are you	Yes	No
Eating a balanced diet?	<input type="checkbox"/>	<input type="checkbox"/>
Staying hydrated?	<input type="checkbox"/>	<input type="checkbox"/>
Getting enough sleep?	<input type="checkbox"/>	<input type="checkbox"/>
Maintaining your relationships outside work?	<input type="checkbox"/>	<input type="checkbox"/>
Maintaining positive support networks in work?	<input type="checkbox"/>	<input type="checkbox"/>
Doing regular exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Getting outside enough?	<input type="checkbox"/>	<input type="checkbox"/>
Looking after your sexual health?	<input type="checkbox"/>	<input type="checkbox"/>
Looking out for signs of stress in yourself?	<input type="checkbox"/>	<input type="checkbox"/>
Following a daily routine?	<input type="checkbox"/>	<input type="checkbox"/>
Taking enough downtime and rest?	<input type="checkbox"/>	<input type="checkbox"/>
Managing your time online and on socials?	<input type="checkbox"/>	<input type="checkbox"/>
Protecting your hearing around loud music?	<input type="checkbox"/>	<input type="checkbox"/>
Using a regular mental health practice (e.g. meditation?)	<input type="checkbox"/>	<input type="checkbox"/>
Having regular hearing, dental and eye checks?	<input type="checkbox"/>	<input type="checkbox"/>

Could you benefit from	Yes	No
Reducing or quitting smoking?	<input type="checkbox"/>	<input type="checkbox"/>

Managing your drug or alcohol use?

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Have you identified and got support for	Yes	No
Physical health issues?	<input type="checkbox"/>	<input type="checkbox"/>

Financial worries?

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Conflict and relationship issues in or out of work?

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If you make or perform music, do you	Yes	No
Take regular breaks?	<input type="checkbox"/>	<input type="checkbox"/>

Have a pre-practice and post-practice routine, including warm ups and cool downs

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Have realistic expectations about how your work (or performance) may go?

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Know how to prevent injury and use these techniques?

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The important thing to remember is to do for you what works for you and give yourself permission to take care of yourself.

For example:

- Develop a regular practice that supports positive mental wellbeing
- Build up a daily routine that helps you fit self-care alongside your music work
- Develop good sleep hygiene
- Take care of your physical health, making time for seeking advice and treatment as needed
- Nurture your positive relationships in and out of work
- Reduce alcohol and drug use and get support as needed